

Be still
my soul

know You
are God.

Heal
me, Lord

Breath Prayer

and I
will be
healed

Save me

And I will
be saved

You are the
One I praise

Give me
wisdom

to know what is right

my eyes
are on You



Breath prayer is a method of prayer that helps us to be aware of God's presence and to draw near to Him.

Breath prayers originated from the contemplative (prolonged thought or prayer) way of life led by the Desert Fathers and Mothers (leaders and pastors that lived at the time of Jesus or the first generation following Jesus).

In the New Testament, Paul tells us in 1 Thessalonians 5: 16 - 18 to "*pray without ceasing.*"

We can pray throughout the day by making prayer a part of our natural rhythm - just like breathing.

BREATH PRAYER

- Short, simple prayers that coincide with inhaling and exhaling.
- Short Bible verses we pray.
- Christian Meditation is not emptying yourself, it is filling yourself with God's word.

Breathing is known to bring healing and rest to our body. Our mind and muscles relax as we breathe. Prayer is also known to bring healing and rest. Combining both gives us a perfect way to be reminded of God's presence and to bring our focus back to Him.

Breath Prayer can help you to renew your mind with God's word (Romans 12:2) and capture your thoughts for Christ (2 Corinthians 10:5).

Breath prayer is not magic or a way to manipulate God.
It is not a spell we are casting or a superstitious way of controlling life.

It is a simple way to communicate with our good God about everything we hope for, need and are thankful for.

RECOMMENDED RESOURCES

- *Breath as Prayer* by Jennifer Tucker
- *Praying Like Monks Living Like Fools* by Tyler Staton

A few verses and phrases to help you get started with Breath Prayer are provided on the following pages. Try making your own based on your favorite Bible verses!

Some of the prayers in this guide have been adapted from *Breath as Prayer*, some are personal prayers, and all are from the Bible.

Draw near to God and He will draw near to you.

James 4:8

FOUR SQUARE BREATHING - BOX BREATHING

- Breathe in slowly on a count of 4
- Hold for a count of 4
- Breathe out slowly on a count of 4
- Hold for a count of 4

Some prefer to not hold their breath. Follow what is stilling for you. You can also simply think of smelling flowers and blowing out candles as you say the breath prayers.

inhale

HELP ME TO BE STILL

exhale

AND KNOW YOU ARE GOD.

(Psalm 46:10)

inhale

HEAL ME LORD

exhale

AND I WILL BE HEALED

inhale

SAVE ME

exhale

AND I WILL BE SAVED

inhale

FOR YOU ARE THE ONE

exhale

I PRAISE!

(Jeremiah 17:13)

inhale

LORD GIVE ME WISDOM

exhale

TO KNOW WHAT IS RIGHT.

(James 1:5)

inhale

HELP ME TO BE STRONG AND COURAGEOUS

exhale

THANK YOU FOR BEING WITH ME WHERE EVER I GO.

(Joshua 1:9)

inhale

JESUS, HELP ME TO LOVE YOU

exhale

WITH MY WHOLE HEART

inhale

JESUS, HELP ME TO LOVE OTHERS

exhale

LIKE I LOVE MYSELF.

(Matthew 22:36-39)

inhale

I CAN SLEEP IN PERFECT PEACE

exhale

YOU MAKE ME SAFE IN YOU.

(Psalm 4:8)

inhale

I DON'T KNOW WHAT TO DO

exhale

BUT MY EYES ARE ON YOU.

(2 Chronicles 20:12)

inhale

YOU CHOSE ME; YOU HAVE NOT REJECTED ME!

exhale

YOU ARE MY GOD

Inhale

STRENGTHEN AND HELP ME

exhale

HOLD ME UP. YOU ARE RIGHTEOUS!

(Psalm 139:14)

inhale

I SEEK YOU WITH MY WHOLE HEART

exhale

DO NOT LET ME WANDER FROM YOUR COMMANDS.

(Psalm 119:10)

inhale

YOU ALONE ARE LORD

exhale

YOU MADE THE HEAVENS

inhale

YOU GIVE LIFE TO EVERYTHING

exhale

ALL OF HEAVEN WORSHIPS YOU

(Nehemiah 9:6)

inhale

THE LORD IS MY SHEPHERD

exhale

I HAVE EVERYTHING I NEED

(Psalm 23:10)

inhale

LORD YOU ARE MY REFUGE AND STRENGTH

exhale

MY HELP IN TIME OF TROUBLE.

(Psalm 46:1)

inhale

I TRUST YOU LORD

exhale

RENEW MY STRENGTH

(Isaiah 40:31)

inhale

I BELIEVE IN YOU

exhale

HELP MY FAITH TO GROW

(Mark 9:24)

inhale

I WILL BE GLAD

exhale

AND REJOICE IN YOU

(Psalm 9:2)

inhale

YOU ARE CLOSE TO THE BROKENHEARTED;

exhale

YOU HEAL MY CRUSHED SPIRIT.

(Psalm 34:18)

inhale

YOU CREATED ME

exhale

I AM YOUR CREATION

Inhale

I PRAISE YOU

exhale

I AM WONDERFULLY MADE BY YOU.

(Psalm 139:14)

inhale

YOUR WORD IS A LIGHT TO MY FEET

exhale

YOU LIGHT UP MY DARK PATH.

(Pslam 119:105)

inhale

I CAN DO ALL THINGS

exhale

THROUGH YOU JESUS

Inhale

THANK YOU

exhale

FOR GIVING ME STRENGTH!

(Psalm 139:14)

inhale

FATHER, NOT MY WILL

exhale

BUT YOUR WILL BE DONE.

(Mark 14:36)

inhale

FATHER, IN HEAVEN

exhale

I LOVE YOU

inhale

YOUR KINGDOM COME

exhale

YOUR WILL BE DONE

inhale

PLEASE PROVIDE _____

exhale

YOU ARE MY PROVIDER AND PROTECTOR.

inhale

FORGIVE ME FOR _____

exhale

HELP ME FORGIVE _____

inhale

PROTECT ME FROM TEMPTATION

exhale

AND DELIVER ME FROM EVIL.

(Matthew 6:9-13)

inhale

I WILL TRUST YOU WITH MY WHOLE HEART

exhale

AND NOT LEAN ON MYSELF

inhale

YOU KNOW BETTER THAN ME

exhale

LORD DIRECT MY PATH.

(Proverbs 3:5-6)